

FREE CLASS!

Change the Future WV
Berkeley County Health Department
Berkeley Medical Center
Present:

"Living Well"

**A Chronic Illness Self-Management Workshop
Created by Stanford University**

Begins Sept 30, 2014

(Frequent breaks provided)

Meets for 6 weeks: Sept 30 and Oct 7, 14, 21, 28 and Nov 4



Location:

**Dorothy McCormack Center
Berkeley Medical Center Campus
2nd floor Conference Room
2000 Foundation Way - Martinsburg WV**



Topics:

- Decision making and problem solving
- How to manage emotions
- How to begin an exercise program
- Skills to manage symptoms
- Communication skills
- How to improve your patient/physician partnership
- Use of community resources
- What it means to eat well
- How to maintain control of your health

A Fun, Easy 6-week workshop - Join us and learn ways to feel better, and deal with the frustrations and discomforts of living with any chronic illness!

EVERYONE can benefit!

REGISTER NOW!

Everyone Welcome To Join!

For Registration or Information contact:

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- Asthma
- Heart Disease
- Arthritis
- Diabetes
- Depression
- And any other chronic condition!

